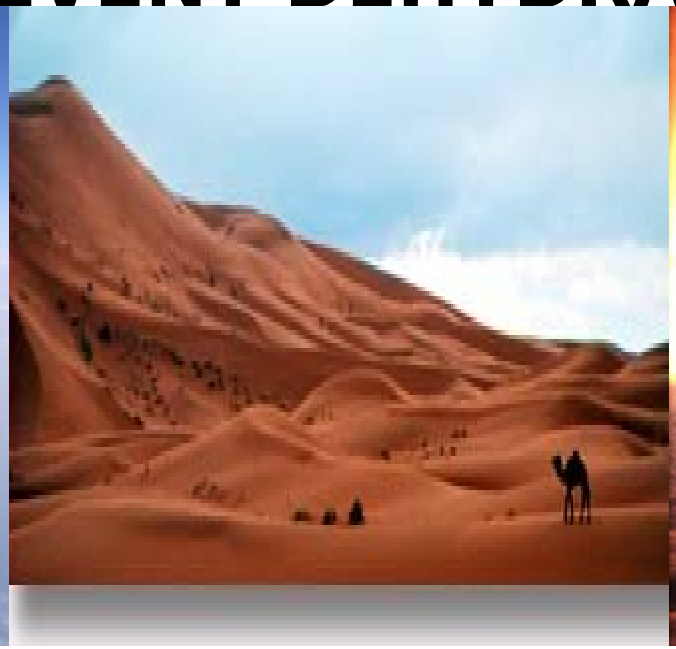
Fuel Up Before You Begin Your Mission
PREVENT DEHYDRATION



Make water your first choice of fluids

Water is the best performance replacement fluid for any physical activity that lasts less than 90 minutes. It absorbs quickly into your bloodstream and has none of the drawbacks that other fluids can have.

Don’t wait until you’re thirsty to drink

By the time you feel thirsty, you’re already dehydrated.

Drink beyond your feeling of thirst

Your thirst sensation will be satisfied before you’re rehydrated.